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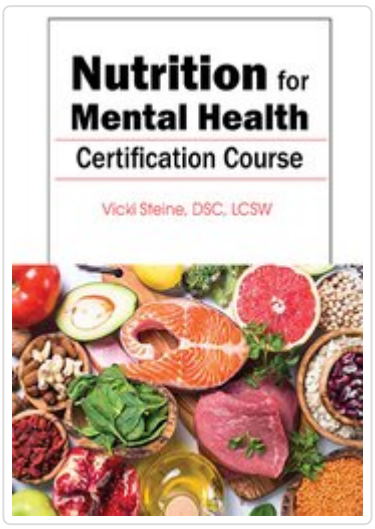

DIGITAL SEMINAR

Mental Health & Nutrition Certification Course

Speaker:
Vicki Steine, DSc., LCSW, BCHN, IFNCP

Duration:
19 Hours 01 Minutes

Language:
Presented in EN, subtitles in EN and FR, handouts in EN and FR

Copyright:
Apr 23, 2025

Product Code:
POS059450

Media Type:
Digital Seminar

☑ **$779.99** - Standard

☐ **$64.99** - Additional Participant CE Test What's this?

Tags: Evergreen | Certified Mental Health & Nutrition Clinical Specialist

Description

Here's what you'll learn in this certificate training...

- **Improve mood and behaviour** in clients using micro and macronutrients
- **Ideas for practical, affordable and individualised diets** along with optimal cooking methods and recipes
- **Safely and ethically apply integrated and nutritional medicine** within your professional discipline's scope of practice
- **Improve assessment** by learning to differentiate between a clinical presentation of mental illnesses vs. nutritional and/or hormonal imbalances
- **Customise treatment plans through six unique nutritional methods** for clients with mood lability
- **Nourish both the brain and the gut,** the "second brain," through key nutrients
- **Learn to identify gluten and casein sensitivity** with the presentation of depression, psychosis and ASD in clients
- **Implement evidence-based protocols** for nutritional and herbal approaches for six DSM-5® categories
- **Evaluate how client eating patterns may influence their mental health** by using a food-mood assessment tool
- **Increase compliance** by using the DSM-5® Cultural Formulation tool to inform your treatment planning process
- **Prevent side effects of polymedicine use** through evaluation of drug-nutrient-herbal interactions
- **Decrease dissociative symptoms in clients** through stage-specific anaerobic and aerobic exercise and self-care methods
- **Improve focus for clients with anxiety disorders** with breathing techniques to reduce hyperventilation
- **Adapt complementary and alternative methods for children and teens** with behavioural and mental health disorders such as ADHD and ODD
- **Learn when psychotropic medications, herbal medicines, and nutrients can be harmful to clients**
- **Improve anxiety and depression symptoms** with essential fatty acids
- **Discover how circadian rhythm contributes to depression, PTSD and bipolar disorder**
- **Evaluate the impact of blood sugar and genetic variations** on mental health disorders and effective treatment

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Save
Accept All
Reject Non-Essential

English

CERTIFICATION MADE SIMPLE!

- **No hidden fees – PESI pays for your application fee (a $249.99 USD value)*!**
- **Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Mental Health & Nutrition Clinical Specialist (CMNCS) through Evergreen Certifications is complete.***

Attendees will receive documentation of CMNCS designation from Evergreen Certifications 4 to 6 weeks following the program.

**Professional standards apply. Visit ca.evgcert.com/cmncs for professional requirements.*

Credit

Speaker

Vicki Steine, DSc., LCSW, BCHN, IFNCP

Your Healthy Structure

Related seminars and products

Vicki Steine, DSc, LCSW, BCHN, IFNCP, has been a social worker for more than 25 years, working in both inpatient and outpatient settings. She works with children and adults with ADHD, anxiety, depression, OCD, Tourette's syndrome, addiction, and trauma in her private practice in the Atlanta area. Dr. Steine received her master's in social work from the University of Georgia and her Doctor of Science in holistic nutrition from Hawthorn University. She is board certified in holistic nutrition through the National Association of Nutrition Professionals, a nutrition certified practitioner through the Integrated and Functional Nutrition Academy and is a member of the National Association of Social Workers. Dr. Steine enjoys combining her skills as a social worker and nutrition educator to help her clients who struggle with staying organized, keeping focused at work or school, and overcoming the anxiety and depression that often prevents them from fully living their lives. She integrates nutrition, mind-body exercises, and traditional psychotherapy methods, like Cognitive Behavior Therapy, to help her clients get on with living their lives optimally. She has spoken at many conferences and delivered workshops providing education to professionals and lay people alike on the benefits of nutrition and improving mental health. Dr. Steine has had personal success using a holistic approach, including nutrition and supplements, to recover from a near death boating accident and an episode of debilitating depression.

Speaker Disclosures:
Financial: Vicki Steine maintains a private practice. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Vicki Steine is a member of the National Association of Social Workers and the National Association of Nutrition Practitioners.

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Additional Info

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Program Information

Access for Self-Study (Non-Interactive)
Access never expires for this product.

For a more detailed outline that includes times or durations of time, if needed, please contact cepesi@pesi.com.

Questions?
Visit our FAQ page at https://www.pesicanada.ca/faq or contact us at https://www.pesicanada.ca/contact-us.

Objectives

1. Evaluate mood and behaviour in clients using micro-and macronutrients.
2. Justify how macronutrients and micronutrients affect mood and behaviour in clients.
3. Determine how gluten and casein sensitivity may influence the presentation of depression, psychosis and ASD in clients.
4. Apply integrated and nutritional medicine safely and ethically within your professional discipline's scope of practice.
5. Correlate assessments to differentiate between a clinical presentation of mental illnesses vs. nutritional and/or hormonal imbalances.
6. Construct treatment plans through six unique nutritional methods for clients with mood lability.
7. Determine key nutrients that support the function of both the brain and the gut, the "second brain".
8. Implement evidence-based protocols for nutritional approaches for six DSM-5 categories.
9. Evaluate how client eating patterns may influence their mental health by using a food-mood assessment tool.

English

10. Develop a Cultural Formulation tool using the DSM-5 to inform your treatment planning process.
11. Apply at least one stage-specific nutritional methods to assist clients in all stages of life.
12. Distinguish practical tools to assist clients in understanding comprehensive non-pharmaceutical treatment strategies and protocols and how they can use those to help manage their mental health.
13. Evaluate nutrition-based alternatives to psychotropics for ADHD.
14. Utilise at least one strategy to enhance digestion to decrease anxiety.
15. Inspect the presented research on how essential fatty acids can help clients diagnosed with mood disorders alleviate symptoms (as is within your scope of practice).
16. Design a plan to increase serotonin through nutrition and exercise.
17. Evaluate the impact of blood sugar and genetic variation on mental health disorders.
18. Analyse the efficacy of comprehensive elimination diets in order to alleviate symptoms of depression, anxiety and fatigue.
19. Create an integrative health team to improve clinical outcomes.

Outline

The Complex Relationship between Mental and Physical Health

Physiological Factors of Depression, Anxiety, Bipolar and ADHD

- Transcending mind-body separation: Understanding the complex relationships
- The factors that cause “chemical imbalance”
- Beyond pharmaceutical management
- Balancing circadian rhythm
- Applying breathing exercises for mental health
- Enhance sleep and address insomnia

How Foods Affect Moods

- Carbohydrates – A new way to think about cravings
- Effects protein may have on depression and anxiety
- Fats for mental health (depression, ADHD, bipolar)
- The connection between food, depression, diabetes and obesity
- Physiological causes of fatigue, depression and anxiety
- Vitamins: B-Vitamins, 5-MTHF, Vitamin D
- Minerals: Magnesium, calcium

Nutrition, Diet and Culinary Medicine

- Food as “brain-mind-medicine”
- Fats: Essential fatty acids, toxic fats, fish oil
- Protein: the building blocks of happiness
- Nutrients to improve mental health and cognitive function
- Vitamins, minerals, glandulars, and special nutrients for the non-nutritionist
- Regulate hormonal imbalance
- Balance blood sugar to balance mood
- Cultural and genetic variations
- Enhance digestion for mental health
- Thyroid function and mental health

The Truth About Popular Supplements and Herbal Medicine

- Seven major herbs for PTSD, anxiety, depression, sleep and cognitive health
- Endocannabinoid deficit theory
- Cannabis and psychedelic medicine
- THC versus CBD
- Evidence for medical cannabis for mental health, PTSD, and chronic pain
- Adaptogens: Ginseng, liquorice, ashwagandha
- Melatonin
- Interactions with pharmaceuticals

Assessments and Evidence-Based Research

Recognising When “Mental Illness” is Something Else

- Hormonal imbalance
- Anxiety vs. hypoglycemia
- Inflammation
- Digestion
- Depressed, fatigued or malnourished
- Side effects of medications

Symptoms of Nutritional Deficiencies and Co-Morbid Conditions

- Strategies to reduce inflammation
- The major factor in depression, anxiety, bipolar and ADHD
- Anxiety and digestion
- The Second Brain: Microbiome, probiotics and GABA, and anxiety
- Sleep, adrenal health, and rhythms
- Alcohol abuse
- Genetics, depression and brain
- PTSD and auto immune, addictions and cognition

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- ADHD, ASD and food sensitivities
- Integrative approach recovery from addictions

Simple Screening Tools to Identify Nutritional Deficiencies Contributing to:

- Anxiety and PTSD
- Depression
- ADHD
- Fatigue
- Anger
- Bipolar disorder
- Lack of mental clarity
- Other mental health concerns

Assessments Using Integrative Approaches

- Conduct a basic nutritional food/mood assessment
- Conduct an adrenal stress and biological rhythm assessment
- The Cultural Formulation Interview
- Basic lab tests for optimal mental health

Clinical Applications – Non-Pharmaceutical Treatment Strategies

Comprehensive Non-Pharmaceutical Treatment Plans and Protocols for:

- Depression & Seasonal Affect Disorder
- Anxiety, PTSD and complex trauma
- Bipolar
- ADHD
- Body dysmorphia
- OCD
- Bulimia
- Insomnia
- Addictions
- Obesity
- Psychosomatic symptoms
- Pre-menstrual syndrome and menopausal symptoms

Practical Tools to Accelerate Treatment Results, Improve Energy, and Gain Mental Clarity

- Food: The Good, the Bad and the Fake
- Sleep: The 4 habits critical to refreshing sleep
- Exercise: Elevate serotonin and regulate stress hormones
- Stress: A holistic approach
- Feed your brain

Unique Issues Across the Lifespan

- Children: Supporting sleep, focus, mood and attention
- Alternatives to psychotropics for ADHD
- Preventing cognitive decline
- Nutrition and integrative methods to support people with dementia and their caregivers

Build an Integrative Health Team

- When and where to refer clients
- How to find the right provider
- Questions to ask before referring
- Develop a niche practice as a certified specialist
- Professional organisations and more training
- Controversies and hot topics

Apply Techniques Within Your Scope of Practice

- Ethics, law and competency
- Nutritional therapies
- Culinary medicine
- Behavioural medicine
- Nutritional supplementation
- Herbal medicine
- Integrative detoxification for addiction

Target Audience

- Counsellors
- Case Managers
- Psychotherapists
- Social Workers
- Dietitians
- Marriage & Family Therapists
- Psychologists
- Addiction Counsellors

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- Therapists
- Nurses
- Occupational Therapists
- Other Mental Health Professionals

Reviews

This product has not yet been rated

Satisfaction Guarantee
Your satisfaction is our goal and our guarantee. Concerns should be addressed to info@pesicanada.com.

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